## A MINUTE OF HEALTH WITH CDC



Keeping Seniors Safe

National Fall Prevention Awareness Day – September 22, 2013 Recorded: September 17, 2013; posted: September 19, 2013

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Falls are the leading cause of injuries among older adults in the U.S. and can result in reduced mobility and loss of independence. Hip fractures are one of the most serious fall-related injuries and result in hundreds of thousands of hospitalizations each year. Reduce your chances of falling: exercise regularly, have your healthcare provider review your medicines, and get annual eye exams. Fall-proof your home by removing clutter and tripping hazards such as extension cords and by adding grab bars around tubs and showers. Talk to your health-care provider about ways you can stay independent, active and safe.

Thank you for joining us on A Minute of Health with CDC.

For the most accurate health information, visit <u>www.cdc.gov</u> or call 1-800-CDC-INFO.